



Sweetwater Summit Regional Park
 3218 Summit Meadow Road
 Bonita, CA 91902



Welcome to Sweetwater Summit Regional Park! Visitors to this 540-acre regional park have quite a palette of activities to choose from. The summit site sits atop a hill overlooking the Sweetwater Valley. To the west you can see San Diego Bay and the Pacific Ocean, and to the east are majestic views of the Sweetwater Reservoir and rugged backcountry mountains.

Sweetwater Summit Campground offers modern campsites, including equestrian corrals for those who want to explore the 16 miles of trails around the park.

Below the summit are hundreds of acres of stream side vegetation, grasslands, and open areas that provide a variety of habitats for hikers, horseback riders, and mountain bikers. The trailhead is off San Miguel Road in Bonita, and provides an adventurous trek for an array of active and passive recreation.

Sweetwater Regional Park is especially appealing to those who want to get away – but not too far away. Only 10 miles southeast of downtown San Diego, Sweetwater offers a perfect place to get in touch with nature.

Sweetwater Summit/Eastview County Park
 3218 Summit Meadow Road
 Bonita, CA 91902

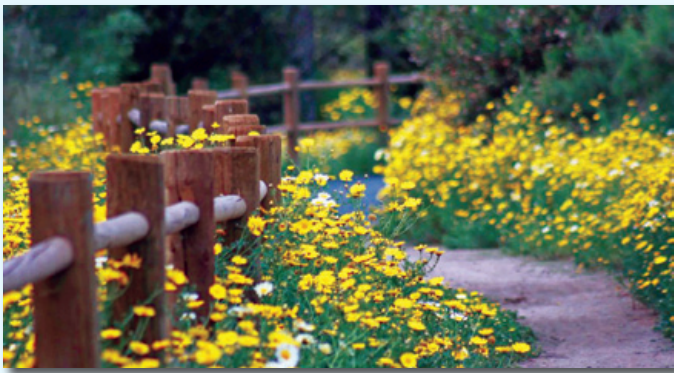
Just a stone's throw from Sweetwater Summit Regional Park lies Eastview County Park.

This day use picnic park is a popular place for kids in the summer.

The open lawn, tot lot, and Splash Park provide panoramic views of the countryside. The splash park* offers colorful water features for kids to play and multiple picnic pavilions surround the park to keep you cool. Or, you can rent a pavilion in advance to host your next birthday party or family reunion.

Eastview County Park also offers a 13-station exercise course for those looking for a new and different fitness challenge.

*There is a fee to enjoy the splash park.



Otay Valley Regional Park
 2155 E. Beyer Boulevard
 San Diego, CA 92154



The Otay Valley Regional Park (OVRP) is one of the largest open space areas within southern San Diego County, linking south San Diego Bay with lower Otay Lake. The park is a joint effort by the County of San Diego and the cities of San Diego and Chula Vista.

Otay Valley Regional Park provides South Bay residents and visitors with recreational opportunities ranging from playing fields and picnic areas to hiking, biking, and horse trails.

This massive park offers visitors a relaxing way to enjoy a day in the natural surroundings, with trail segments for hikers, bikers, and equestrians. Those with a passion for fishing will find peaceful casting holes along the trails throughout the park.

Otay Valley Regional Park features 8,500 acres of open space and is expected to one day span 13 miles from the coastal area to the Lower and Upper Otay Lakes.

The park is rich in natural history and many of the resources found in the park are protected.

Over 200 bird species can be spotted during the year and can be found at the ponds along the trail. But not all winged creatures are birds; many butterflies and moths live or pass through the park as well.

With more than 29 places to see and visit, the Otay Valley Regional Park provides an endless resource for passive and active recreational opportunities.



Otay Lakes County Park
 2270 Wueste Road
 Chula Vista, CA 91915



Come and enjoy the beautiful view of Otay Lake and the surrounding hills. This 78-acre park has long been a favorite in the South Bay. The park has one pavilion for rent that can accommodate up to 100 people and four additional pavilions for walk-in visitors.

A playground, horseshoe courts, hiking and multi-sensory trails, lawn area, and native plant/demonstration garden are a few of the many reasons to visit Otay Lakes County Park.

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INFORMATION

COUNTY OF SAN DIEGO
Department of Parks and Recreation
 5500 Overland Avenue, Suite 410
 San Diego, CA 92123

Reservations & Information:
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SOUTH COUNTY PARKS

It's Time to Play!



Welcome to South County Parks

With infinite options for activities to try, South San Diego County Parks provide attractions and exploration opportunities for everyone. From hiking and biking, to horseback riding and bird watching, to sightseeing and community gatherings, as well as camping opportunities, it's time to play in South San Diego County!



LIVE WELL SAN DIEGO

Live Well San Diego is an initiative of the County of San Diego to improve the health, safety and well-being of all residents.

It is a shared vision that can only be accomplished through collaboration with partners in every sector - education, business, community, faith-based and government.

This vision also encourages every resident to make healthy, safe choices and support their families and neighbors to do the same.

One of the major goals of the initiative is to help San Diegans lead healthier lifestyles. County parks provides great opportunities to enjoy nature and exercise at the same time.

In support of the Live Well San Diego vision, South San Diego County provides resources to support residents and visitors in becoming healthy, safe and thriving.

The region's natural resources in our campgrounds, parks, and preserves offer many opportunities for staying active and living well!



County Administration Center Waterfront Park

1600 Pacific Highway
 San Diego, CA 92101



The County Administration Center Waterfront Park was converted from the large parking lot that surrounded the historic County Administration Center into a beautiful eight-acre community park.

It is now an open space that includes large civic greens, a children's play area, garden rooms, and an iconic water fountain.

Located in the heart of downtown San Diego, this waterfront park is the jewel of the community. You are invited to enjoy the County's newest park.



Tijuana River Valley Regional Park
 2721 Monument Road
 San Diego, CA 92154



Tijuana River Valley Regional Park offers more than 1,800 acres of diverse habitats, from dense riparian forests along the Tijuana River to coastal maritime sage scrub on top of Spooner's Mesa.

The Valley is critical to wildlife because it is part of the Pacific Flyway, which provides foraging and breeding habitat for many migrating bird species. Because of its importance to wildlife, the area has been designated as a biological resource core area in the City of San Diego's Multiple Species Conservation Program.

Birdwatchers find the spring and fall bird migration season especially productive with more than 340 bird species sighted in the Valley.

Two of the best birding spots include Dairy Mart Pond, which is located in the northeast corner of the park, and the Bird and Butterfly Garden, which is recognized as a backyard wildlife habitat by the National Wildlife Federation.



For those who love fresh fruits and vegetables, the community vegetable garden is a place to exercise their green thumbs.

Bird watching, hiking, biking, or horseback riding along more than 22 miles of trails is enjoyable year round. With a wealth of natural resources, the park is a favorite place for active and passive recreation.

Jonathan Sellers and Charlie Keever Outdoor Educational Activity Center

Located in Imperial Beach, the Jonathan Sellers and Charlie Keever Outdoor Educational Activity Center is just steps from the Bayshore Bikeway with expansive views of the San Diego Bay National Wildlife Refuge.

The Center features a spiraling, 30-foot-wide nautilus shell with natural sea glass and pictures of the boys. The center also has climbing rocks, wildlife viewing telescopes and a curved seating area.

The U.S. Fish and Wildlife Service, which manages the Refuge, plans to use the center to enhance the environmental education programs it provides to local school children.



Bayshore Bikeway

San Diego's 24-mile Bayshore Bikeway loop is a multi-jurisdictional project. The goal is to develop a world-class, continuous Class I bike path that will allow bicyclists to safely ride all the way around San Diego Bay, off of city streets.

The diverse route extends through the cities of San Diego, National City, Chula Vista, Imperial Beach, and Coronado. The loop currently exists as a combination of off-street bike paths and on-street bike lanes and routes offering unique views of San Diego Bay.

Visit www.sandag.org/bayshorebikeway for more info.

Provence House Event Center

The newly renovated Provence House is adjacent to the City of Chula Vista's Rohr Park. The event center has a public meeting space that consists of ADA improvements, kitchen upgrades, and additional parking and road improvements.



Lincoln Acres County Park
 2717 Granger Avenue
 National City, CA 91950

Lincoln Acres is a neighborhood day use park in National City. The facility was renovated in 2013 with a children's playground, basketball courts, a library, a community room, picnic tables, and public restrooms.

The community room is ideal for birthday parties, baby showers, family reunions, and group meetings. The library is open to San Diego County residents year round.

SOUTH SAN DIEGO COUNTY PARKS

